



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Intramural for 4-6th grade

### Contact Information

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### Program Information

<b>Program Name</b> Intramural for 4-6th grade Participation 90% Attendance 14,000 per year
<b>Program Category</b> Favorite lesson or unit
<b>Grade Level</b> Elementary School (K-2); Elementary School (3-5)
<b>Assessment Method</b> Impact on bahavior (increase in active minutes or miles walked)

### Program Information

#### Products Developed or Materials Used:

Wall mounted heart wands and pedometers

#### Program Description:

Extensive intramural program held 3 times a daily with a daily attendance of over 150 students. Offers a wide variety of activities including: Basketball, volleyball club, ski and snowboarding club, Team games like lightning and Dr. Energizer, Golf, Frisbee golf, Dance, gymnastics (most popular), soccer, high jumping, run for life, Tumbling club, Ultimate Football, Floor ping pong. We run intramurals year around with new activites offered each month.

Participation 90%, Attendance 14,000 per year.

For information on other **Physical Education Best Practices**, visit the website at:  
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:  
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:  
<http://dhfs.wisconsin.gov/health/physicalactivity/>  
or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgaig@dhfs.state.wi.us](mailto:Morgaig@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
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